



Tools For Action

A sample of physical education initiatives in Wisconsin

Active Lifestyles Program

Contact Information

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Merton Community Schools
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Program Information

Program Name
Active Lifestyle Program
Program Category
Activities done outside of PE class time for additional credit
Grade Level
6-8
Assessment Method
Impact on behavior (increase in active minutes or miles walked); Addresses the state standards on Active Lifestyle.

Program Information

Products Developed or Materials Used:

[No Answer Entered]

Program Description:

Students are asked to log their weekly activity time. They must also determine the intensity of each activity. A class lesson on intensity is implemented before the first weeks log is completed. Students can use pedometers to measure steps and/or activity for each day. After the baseline week is completed, students with the help of teacher and parents will set short and long term goals. The end of the program involves a reflection paper by each student. This is a graded project and involves technology and state standards assessment.

For information on other **Physical Education Best Practices**, visit the website at:
<http://dev.dhfs.wisconsin.gov/health/physicalactivity/PEhome/> or contact Jon Hisgen at jon.hisgen@dpi.state.wi.us

For information on how your school could become a **Governor's Healthy School Award** winner, visit the website at:
<http://www.schoolhealthaward.wi.gov/> or contact Brian Weaver at brian.weaver@dpi.state.wi.us

For more information on nutrition and physical activity, visit the **Wisconsin Nutrition & Physical Activity Program's website** at:

or contact staff at: <http://dhfs.wisconsin.gov/health/physicalactivity/>
Meineam@dhfs.state.wi.us (Amy Meinen, Nutrition Coordinator)
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